



## Self-efficacy and outcome expectations for quitting among adolescent smokers

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### Abstract

Relatively little is known about smoking cessation self-efficacy and outcome expectations for quitting smoking in adolescent smokers. In this study, we created measures of these two constructs and conducted factor analyses with data from a diverse sample of 1126 adolescent smokers. Results yielded a two-factor solution for the self-efficacy measure, and a four-factor solution for the outcome expectations scale. In a subset of the original sample ( $n = 515$ ), we re-administered the measures one year later and also examined the longitudinal associations between the baseline sub-scale scores and cigarettes smoked per week at follow-up. Results revealed significant relationships between the negative affect sub-scales of the self-efficacy and outcome expectations measures and weekly smoking level. These associations remained when adjusting for baseline smoking level and other sub-scales. The findings lend support for the possible role of affect regulation in smoking reduction in adolescents.

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## 1. Introduction

Social cognitive theory constructs of self-efficacy and outcome expectations have been applied repeatedly to the understanding of smoking initiation in adolescents (e.g., Dalton, Sargent, Beach, Bernhardt, & Stevens, 1999; Kremers, Mudde, & de Vries, 2001; Simons-Morton et al., 1999) and smoking cessation in adults (e.g., Copeland, Brandon, & Quinn, 1995; Etter, Bergman, Humair, & Perneger, 2000; Mudde, Kok, & Strecher, 1995). However, their role as predictors of smoking cessation in adolescents is under-investigated, and few measures of these constructs have been designed specifically for adolescent smokers. Additionally, most measures of outcome expectations in adolescents assess perceived consequences of smoking (e.g., Chassin, Presson, Sherman, & Pitts, 2000; Dalton et al., 1999; Myers, McCarthy, MacPherson, & Brown, 2003; Simons-Morton, et al., 1999); however, for adolescents who currently smoke, the more salient outcomes motivating behavior change may be the perceived positive and negative consequences of stopping smoking, as those outcomes may be more predictive of future smoking status among existing smokers. Thus, we set out to develop measures of self-efficacy to resist smoking in situations identified by many adolescent smokers as high risk for smoking, and outcome expectations across physical, social, emotional, and self-evaluative domains for quitting smoking completely. We used the criterion of quitting smoking completely in order to assess the perceived consequences of stopping smoking even among adolescents who smoked less than daily. Once we drafted the scales, we factor-analyzed data collected using them, examined scores on the sub-scales in a subset of the adolescent sample one year later, and determined the relationships between construct sub-scale scores measured at baseline and cigarettes smoked per week measured at one-year follow-up. We anticipated that higher self-efficacy to resist smoking would be associated with smoking fewer cigarettes at follow-up, as would higher expectations of positive outcomes for quitting. We also predicted that higher expectations of negative outcomes for quitting would be associated with smoking more cigarettes at follow-up.

## 2. Method

### 2.1. Participants

Participants were part of a larger study testing the impact of a mass media smoking cessation intervention based on constructs from social cognitive theory. A cohort of adolescent smokers was drawn from school surveys conducted in eight independent media markets in four states (South Carolina, Florida, Texas, and Wisconsin). Youth in grades 7–11 who reported smoking in the past 30 days on the school survey and on a telephone assessment conducted several months later were included in this cohort. The study was approved by the Institutional Review Boards of the University of Vermont and the University of Minnesota.

### 2.2. Procedure

Adolescents attending middle or high schools in eight racially and ethnically diverse media markets in four states completed a confidential cigarette smoking survey in their classrooms in 2001. The cover page of the survey requested participant name, address, and phone number. This cover page was filled

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